

A LONG LIST OF BENEFITS... FROM A SINGLE INDIAN SPICE

by VRP Staff

How many ways can a single supplement called curcumin—derived from the spice known as turmeric—transform your health? Well, if you're still skeptical that this humble curry spice could benefit practically *every single system* in your body, prepare to be surprised.

For starters, just consider curcumin's powerful effect on cognitive health. This herb's proven ability to balance inflammatory responses, mop up free radicals and break up unhealthy plaques and proteins has made it a prominent focus of research in the area of both memory and mental function.¹⁻⁵ Curcumin is also an effective natural mood-balancing agent—with research showing that it can enhance the release of key “feel-good” neurotransmitters like serotonin and dopamine, while curbing stress-related behaviors and stimulating brain cell repair.⁶⁻¹³

But that's not all: Curcumin is a scientifically supported powerhouse when it comes to lung support, too. Animal studies show that supplementation with this compound inhibits the inflammatory signaling factor NFkappaB—resulting in decreased total numbers of allergy-related cells and substances (including white blood cells, eosinophils and IgE) in the lung fluid of mice with sensitive airways.¹⁴ In fact, curcumin is demonstrated to modulate a wide array of immune cells and factors—from T and B cells, macrophages and neutrophils to natural killer cells, interleukins and tumor necrosis factor (TNF)—which enhances its ability to maintain a healthy immune balance in the lungs and other parts of your body.¹⁵⁻¹⁶

Strong, flexible joints are another well-known benefit of curcumin supplementation, with animal studies showing dose-related benefits in balancing inflammation, cartilage integrity and bone density.¹⁷⁻¹⁹ This spice can even provide unparalleled support for several key organs: Research indicates that it can improve creatinine and urea clearance from your kidneys, support healthy liver detoxification and ensure a strong, healthy heart muscle, while maintaining free-flowing, flexible arteries with routine use.²⁰⁻

Ultimately, a growing body of studies suggests that a high-quality curcumin supplement may be one of the most effective ways to preserve total-body health—and now, researchers have discovered a way to make your daily dose more powerful than ever. Clinical studies show that a new optimized form of curcumin (called Longvida® RD) can boost blood levels of this natural compound significantly higher than more conventional forms, while also boasting the unique ability to cross the blood-brain barrier—making it the *only* choice for superior results and lasting, lifelong health.²³

Longvida by Vitamin Research Products is available now from [Austin Medical Equipment](#), both as a standalone supplement and as part of the daily brain-boosting formula DeJaVida™.

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